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ROC Monthly Newsletter

Thanks for being a part of ROC!

Go to our website for our weekly outdoor schedules, information on the ROC Race Series, local trails, and more.

[Visit Our Website](#)[Become A Member](#)[Donate Now](#)

NEWS



Welcome to all of our new and returning ROC members and sponsors!

Gus Navarro

Jessica Miller

Grace Webster

The money we receive from memberships helps us to continue improving local trails, leading group hikes and river floats, and creating new outdoor programs. Membership is only \$35 for individuals and families, and \$100 for businesses. We also offer multiple sponsorship opportunities for businesses to help expend and enhance recreational opportunities in Rutherford County.

Members get discounts at Chimney Rock at Chimney Rock State Park, Barley's Taproom, Copper Penny, Main Street Coffee, The Scoop, and more.

Click the link below for more details.

[Get Involved](#)



ROC Monthly Meeting

Join ROC for our monthly meeting! We will discuss upcoming outings, trail workdays, and all other ROC news.

When: Tuesday, June 20th at 5:30 pm

Where: Barley's Taproom in Spindale

ROC has a NEW Newsletter just for our 2023 Race Series!



Contact Outdoor Programs Director Gabe Isaac at gabe@rutherfordoutdoor.org to join our Race Series email list.

UPCOMING EVENTS

Broad River Fun float



ROC is having their first river trip of the year! Join us for a fun day of paddling down the Broad River.

When: Saturday, June 10th, 9 am ~ 3 pm

Put-in: Gray's Rd Access (520 Gray's Rd, Rutherfordton)

Take-out: Coxe Rd Access (2254 Coxe Rd,

Rutherfordton)

We will be paddling section 5, which is mostly shaded, calm, and slow-moving with a few fun class 1 rapids. We will stop for lunch about halfway through the float at a large boulder with a rope swing.

Participants will drop off their boats at the Gray's Rd access at 9:00 am. We will then drive most of the vehicles to the take-out on Coxe Rd and carpool back to the put-in on Gray's Rd in one or two vehicles. We hope to get on the water by 10:00 am at the latest. Once we get to the take-out, we will load up boats and shuttle back to our vehicles. Timing on river trips is hard to predict, so our 3:00 pm end time is a rough estimate.

[Click here](#) to get more information on these river accesses on ROC's website.

Please RSVP if you would like to participate. You will be added to an email list where we will assign boats (if you do not have your own) and send out

important information. When you RSVP, let us know if you have any extra boats or need a boat. Also, let us know if you have trucks or trailers to help carry kayaks and canoes. Bring a lunch, snacks, plenty of water, and sunscreen!

Please RSVP by contacting us directly. To RSVP, contact our Trails Coordinator, Brenna Johnson, at trails@rutherforddoutdoor.org or 828-351-4068.

Broad River Litter Sweep



ROC is having their first Broad River Sweep of the year! Join us for a fun day of cleaning up the popular Section 5 of the Broad River.

When: Saturday, June 24th
9 am ~ 3 pm

Put-in: Gray's Rd Access (520 Gray's Rd, Rutherfordton)

Take-out: Coxe Rd Access (2254 Coxe Rd, Rutherfordton)

We will be paddling section 5, which is mostly shaded, calm, and slow-moving with a few fun class 1 rapids and picking up trash along the way. We will stop for lunch about halfway through the float at a large boulder with a rope swing.

Participants will drop off their boats at the Gray's Rd access at 9:00 am. We will then drive most of the vehicles to the take-out on Coxe Rd and carpool back to the put-in on Gray's Rd in one or two vehicles. We hope to get on the water by 10:00 am at the latest. ROC will provide trash bags and grabbers.

Once we get to the take-out, we will consolidate our trash bags, which will be taken by ROC staff. We will then load up boats and shuttle back to our vehicles. Timing on river trips is hard to predict, so our 3:00 pm end time is a rough estimate.

[Click here](#) to get more information on these river accesses on ROC's website.

Please RSVP if you would like to participate. You will be added to an email list where we will assign boats (if you do not have your own) and send out important information. When you RSVP, let us know if you have any extra boats or need a boat. Also, let us know if you have trucks or trailers to help carry kayaks and canoes. Trash sweeps tend to take longer than normal floats, so bring a lunch, snacks, plenty of water, and sunscreen!

Please RSVP by contacting us directly. To RSVP, contact our Trails Coordinator, Brenna Johnson, at trails@rutherfordoutdoor.org or 828-351-4068.

Walk a Shelter Pup: Heart of the Foothills Animal Rescue Dog Walk

Come walk the Thermal Belt Rail Trail with one of the shelter dogs from Heart of the Foothills Animal Rescue in Rutherford County. HFAR is a local no-kill shelter and has many dogs that would love to go for a walk on the trail with you. Carriers and leashes will be provided. You must be at least 16 years old to walk a dog, but all ages are welcome to attend.



Dogs will be assigned on a first come, first serve basis in the order of RSVPs. We will let you know if there is not a dog available for you. We still encourage you to join us!

When: Saturday, June 3rd at 10 am

Where: We will meet at 380 US-221, Rutherfordton, NC 28139

Upon arrival to the meet-up spot, please sign-in with an ROC staff member or volunteer and wait outside to be paired up. After all the dogs are loaded, we will drive 1/2-mile to the Rail Trail where we will walk the dogs for about 1-2 miles. The trail is flat and rated as easy.

Since there are a limited number of dogs available, **please RSVP by contacting us directly.**

To RSVP, contact our Trails Coordinator, Brenna Johnson, at trails@rutherfordoutdoor.org or 828-351-4068.

[Click here](#) to learn more about Heart of the Foothills Animal Rescue.

We're using a new trail rating system!

Trail Rating Code Key

Distance

Elevation

D = less than 3 miles 1 = + 1200'

C = 3.1 to 5 miles 2 = 900 to 1200'

B = 5.1 to 8 miles 3 = 600 to 900'

A = 8.1 to 12 miles 4 = less than 600'

AA = 12.1 +



RUTHERFORD OUTDOOR COALITION'S PHOTO SERIES

Waterfall Wandering
June 1 - June 30

THIS MONTH'S PRIZE: TWO ADULT PASSES TO
CHIMNEY ROCK AT CHIMNEY ROCK STATE
PARK

TO ENTER:
UPLOAD YOUR PHOTOS TO FACEBOOK OR INSTAGRAM & USE
#RUTHERFORDOUTDOOR
1 ENTRY PER PERSON PER DAY

All may participate and share their photos but only ROC
Members are eligible to win prizes.
To become a member of ROC head to
www.rutherfordoutdoor.org



SPIN-TENNIAL BIKE FEST

& 100K Challenge

June

17

2023



115 N Oak Street
Spindale NC

EVENT START 8AM



Want to get outside and enjoy the Thermalbelt Rail Trail with family and friends this June?

For the Town of Spindale's 100th anniversary "Spin-Tennial Sports Showcase" is happening June 17th and ROC is presenting the "Spin-tennial Bike Fest & 100k Challenge"!

This event is family-friendly and bound to be all-around fun with bikes, games, food, and drinks. Whether you're looking for a relaxing social event or to physically challenge yourself, Spin-tennial has something for everyone! Register for the 100K or personal best challenge on your bike to get a t-shirt and biker snap band, have your photo with your distance, and maybe win some cool prizes.

When: Saturday, June 17th, 2023 - all day (rolling start beginning at 8 am)

Where: ROC Office (115 N Oak St, Spindale)

Registration ends Saturday, June 3 2023

[REGISTER NOW!](#)

Contact our Outdoor Programs Director, Gabe Isaac, at gabe@rutherfordoutdoor.org or 828-351-3235 for questions.



WHAT IT'S ALL ABOUT:
FAMILY-FRIENDLY ALL-AROUND FUN,
COMMUNITY & OUTDOORS

WHAT IT WILL HAVE:
PERSONAL BIKE CHALLENGE/100K,
CAMARADERIE, GAMES, FOOD & DRINKS, INFO
TABLES, & MORE!

Whether you're looking for a relaxing social event or to physically challenge yourself, Spintennial has something for everyone! Register for the 100K or personal best challenge on your bike to get a t-shirt and biker snap band, have your photo with your distance, and maybe win some cool prizes. All are welcome to join the fun, but only registrants are eligible for prizes at the end of the day!

Registration ends June 3, 2023
Scan the QR Code to Register Now:





members- only ice cream social at the scoop rutherfordton

june 15th 5-7 pm
151 charlotte rd

R·O·C
RUTHERFORD OUTDOOR CENTER



<https://rutherfordoutdoor.org/become-a-member>



EARLY EXPLORERS CLUB Terrific Trees!

Isothermal Community College Trails
June 21st 5:30-6:30 pm

Children ages 5- 12 are invited to join us for hands-on
activities to learn about the amazing world of trees
and all of the spectacular reasons trees are so
TREErific!

R·O·C
RUTHERFORD OUTDOOR CENTER

Join ROC to learn about how TREErific trees are, how to identify them, and

what "goods from the woods" trees give us!

Lessons and activities are targeted at **KIDS ages 5-12**, so a wide age range of kids can get something out of Early Explorer's Club! We meet at 5:30 pm, so this is a great after-school activity that combines environmental education and play ☐☐☐☐♀

When: Wednesday, June 21st 5:30-6:30 pm

Where: Isothermal Community College East Trailhead
(turn left on ICC Loop East Rd; the trailhead, some picnic tables, and a gravel lot is just above Lake Imogene on your left)

[Click here](#) to view a map of the ICC trails on our website.

To RSVP and join our Early Explorer's email list, contact our Trails and Education Coordinator, Brenna, at trails@rutherforddoutdoor.org or 828-351-4068.

June Volunteer Days



Saturday, June 3rd:

Heart of the Foothills Dog Walk: 10 am - 12 pm

Come walk shelter dogs with us! Expect to walk about 2 miles on mostly level terrain.

Tuesday, June 6th:

Isothermal Community College Trail Workday: 9 am - 11 am

We will be removing downed trees, cutting back overgrowth, and picking up trash. Expect to walk about 2 miles.

Thursday, June 8th:

Dittmer-Watts Nature Trails Workday: 9 am - 11 am

We will be weed whacking to cut back overgrowth, improving drainage on rolling grade dips, filling in eroded areas, and removing downed trees. Expect to walk at least 1 mile.

Tuesday, June 20th:

Buffalo Creek Park Trail Workday: 8 am - 1 pm

We will be improving drainage, removing downed trees, and filling in eroded areas of the trails. Expect to walk at least 2 miles.

To Be Announced:

Weed Patch Mountain Workday: TBA

We will have two workdays on the Weed Patch Mountain Trail to weed whack and use hand tools to cut overgrowth. Expect to walk at least 2 miles. Please stay tuned for the dates.

Want to volunteer with ROC? Contact Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 to RSVP or for more information.

UPDATES

ROC Hike: Waterrock Knob & Crash Site



Thank you to everyone who braved the unseasonably chilly weather to go on this beautiful hike! The walk to the top of Waterrock Knob was strenuous, but it was definitely worth the awesome view. The unofficial trail to the infamous plane crash site was technical and fun to navigate.

Early Explorer's Club: All About Pollinators!

These Early Explorers had a great time learning about how to identify pollinators and their important roles in the ecosystem.

Thank you to Melanee from Quail Forever for leading this lesson, and for Ruff'ton Roots for allowing us to use your pollinator garden!

[Click here](#) to view the May Early Explorer's Club album on Flickr.



Litter Cleanup At Dittmer-Watts with Lake Lure Classical Academy



Thank you to Ms. Warner's classes at the Lake Lure Classical Academy for helping us clean up trash at the Dittmer-Watts Nature Trail Park! We cleaned up the trailhead and part of the road in front of Ingles in Lake Lure. These kids did a great job and were great trail stewards!

[Click here](#) for more information on Dittmer-Watts Nature Trail Park.

Want to volunteer with ROC? Contact Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 to RSVP or for more information.

WAYS TO PARTICIPATE IN ROC

Volunteer Opportunities



Volunteering is a great way to build skills, meet people, and give back to the community all while having fun. We invite and encourage individuals and groups of all backgrounds and ages to get involved and help grow a stronger community.

ROC offers many types of volunteer opportunities throughout the year with varying levels of involvement and physical activity. Our volunteer opportunities include trail projects, fundraising events, festivals, group outings, clean-ups, and more.

Want to volunteer with ROC? Contact Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 to RSVP or for more information.

Trail Boss and River Steward Programs

ROC needs Trail Bosses for the ICC Trails in Spindale. If you are interested, please contact us and we will get you started!



- We need people like you to become trail bosses and river stewards for our local trails and river system.
 - Trail Bosses walk their section of trail at least once a month, report any issues they see, and help keep their section clean.
 - River Stewards float their river section once a month and report downed trees and other obstacles that need to be addressed. There is a River Stewards meeting held on the 2nd Thursday of each month to discuss river improvements and plan future clean-ups.
- If you are interested in learning more about becoming a trail boss or river steward, contact Gabe Isaac at gabe@rutherfordoutdoor.org or 828-351-3235.
- [Click Here](#) for more information on Rutherford County trails.

Trail Ambassador Program

If you are out enjoying the Thermal Belt Rail Trail, look out for our fantastic group of volunteers who are walking, running, and biking the trail to assist other users. If you have any questions or concerns about the trail or local information, a Trail Ambassador would be happy to help!

Just look for the bright green shirts, like Steve and Betty are wearing, to ask questions on where to stop for lunch, where the nearest bike repair station is located, or anything else you are looking to do!

- If you are interested in learning more about becoming a Trail Ambassador, contact Gabe Isaac at gabe@rutherfordoutdoor.org or call 828-351-3235.
- [Click Here](#) for more information on Rutherford County trails.



Rutherford Outdoor Coalition

PO Box 1349
Rutherfordton, NC 28139
828-351-3235

Contact Us

